

Small boxing handbook

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The most basic boxing rules:

Only punches

No punches below the belt

Don't hit a downed opponement

Weight classes: In kg

Super heavyweight 91+

Heavyweight 81-91

Light heavyweight 75-81

Middleweight 69-75

Welterweight 64-69

Light welterweight 60-64

Lightweight 56-60

Bantamweight 52-56

Flyweight 49-52

Light flyweight 46-49

If you want to start boxing you could think of what you want to achieve,

or what the reasons are for starting boxing:

Just for fun.

Be a professional boxer.

Be an amateur boxer.

For self defence reasons.

For building stamina and cardio and for basic health.

Fighting stance:

One leg forward and one leg backward.

The feet should be placed slightly wider than the hips.

A fighting stance should be comfortable

and the gloves are held slightly in front of the face.

Put your thumb over your fingers not under your fingers when making a fist.

Punches:

Direct punch

Hook

Uppercut

Punches can be done to the head or the body

Two famous body blows are the liver blow

and the plexus blow

But most knockouts are done by hitting the jaw or the head

Kind of punches:

Normal punches

good amount of speed and power  
Stamina punches  
Weak punches  
Fast punches  
Power punches  
Just the hardest punch possible to make

The guard:

Basic and normal guard:

The hands are held up protecting the face  
while the underarms protect the lower body  
One hand, the jab hand or the hand of the front leg is slightly  
in front of the face and the other hand around the jaw or temple area

Peek a boo (or turtle style):

Hands are just in front of the face while one can just peek over the hands

One arm up one arm down style:

one arm is high by the face mostly protecting the opposite jaw  
while the other one is around lower body, abdominal height.  
For a left leg forward fighter the left hand should be held low  
around the lower body, abdominals of the other side of the body.

Loose style:

The guard changes up and no guard is used here and there.

No guard style:

the arms are basically down  
Mostly done with a lot of movement and keeping the right amount of distance  
and evading punches.

Fighting styles

Out fighter:

Seeks to maintain distance between himself and his opponent  
fighting with faster, longer ranged punches like the jab  
and wears his opponent down.

They have a very good ability to control the pace of the fight.

Counter puncher:

Mostly defensive fighters who use the power of the opponents punch  
momentum to punch them harder.

Brawler:

Mostly lacks (advanced) footwork and some fighting skills but makes  
up for it with a lot of brawling and hard punches.

Not a technical fighter.

In fighter:

stays close to an opponent and constantly tries to get  
in close.

Cardio and plyometrics:

Basic conditioning

Running, swimming or cycling

And sprinting for explosive power

Plyometrics:

Squats

Push ups

Sit ups

Pull ups

Isometrics like holding the hands at shoulder height  
or holding a push up stance.

medicine ball work

Jump rope:

Great for building rhythm and stamina

-With two feet

-Skipping

one foot after the other

Variations for jump rope:

Doubles or triples

Make the rope go by 2 or 3 times in one go

it's easier to do 5 or 10 normal

ones and then one double

Crossing

The arms cross while doing a jump rope

Exercises for flexibility and stability

Tip: Do a good warming up

Mitts and punches:

Can also be done by holding the gloves up

You need a partner for this

And a lot of combinations are possible here are a couple of them:

l is left r is right

Direct l direct r

Direct l hook r

Direct l uppercut l

Direct l direct r hook l

Direct l hook r hook l

Direct l hook r uppercut l

Direct l direct l hook r

Direct r hook l

Hook r direct l

Direct l hook r hook l upper r

Direct l hook r to the body and hook r to the head

Shadow boxing:

Without punching:

Just moving around in the ring or in an open space

moving forward moving backward

circling to the left circling to the right

moving in and out moving to the corner moving out of the corner

Can be made harder by holding small dumbbells

Or doing calf raises in between to strengthen the calves

You can do 1 or 2 or 3 minute rounds

A boxing match is a 2 or 3 minute round

This exercise can also be done with a partner

Shadow boxing with throwing punches(without a partner):

Move around and throw punches  
evading punches can also be practised and  
Sometimes the punches are only done half

#### Sparring:

Wearing protective gear like a mouthprotector  
and headgear is adviced

Sparring is something like a semi or semi and  
a quarter contact fight to prevent injuries and have  
a good spar and to prepare for matches

Sometimes the sparring goes to just below an actual boxing match

#### Tips:

Have a good gaurd

move around

Throw punches

Evade punches

Block punches

and have fun

#### Bag and heavy bag workouts

You might need to wrap your hands

And wearing boxing gloves is better for the hands

A lot of punches and combinations are possible

but uppercuts are hard to do against a heavy bag or boxing bag

Mostly the bag is punched for 2 or 3 minutes

But some punch a bag for a quarter to half an hour without rest to  
build up stamina

#### Mixing it up:

A workout I thought of:

Do a 100 normal punches randomly with combinations of 2 to 5

Keep some rest

Do 10 power punches with left and right

Keep some rest

Do a 100 stamina punches after each other without rest(not to fast)

Keep some rest

Do 10 speed punches with left and right

Keep some rest

Do 1x a 100 normal punches randomly with combinations of 2 to 5

Keep some rest

Do 1x a 100 normal punches randomly with combinations of 2 to 5

#### Another one:

Do a 75 normal punches randomly with 1 to 5 punches a time

Keep some rest

Do 10 power punches with the jab

Keep some rest

Do 10 power punches with the right(left for right leg forwarded fighters)

Keep some rest

Do a 75 normal punches randomly with 1 to 5 punches a time

#### Jabs:

Jabs are very important and are done with the arm of the front leg  
Jabs can also be done with one hand behind the back  
Doing 50, 100, 250, 500 or maybe even a 1000 jabs  
If you want a powerfull or very fast jab I'd advice to not go over  
50 - 150 jabs but if you want stamina in jabbing  
you could go to those 1000 jabs.

#### Power punch:

Having a strong and powerfull punch is very usefull  
a powerfull punch is generated and starts at the ground.  
By using the tripple extension heels knees and hips  
Weight shifting  
And twisting the body  
-Do a wind up, small wind up and then punch  
A lot of force can be generated  
Note that you need a strong lower and upper  
body to complete the kinetic chain if the chain  
is broken by weaknesses from the body the power will not  
be the same.  
Also be carefull not to walk in to a punch as it will  
conect harder than normall because of the collision force of  
your own forward momentum.

#### Clinching:

Holding on or hanging on the opponement.  
Is normally always stopped by the referee to continue the match  
It's done to stop the opponement or because of being to tired  
Or just because the two fighters are to close to each other  
It can be used as a strategie

#### Corckscrew punch:

A little twist on the end to increase knock out power  
very effective on the jaw area.  
-Was more effective with bare knuckles

#### With one eye:

During a fight sweat or blood can come in to the eye or the eye  
can get swollen creating a blind spot.  
Training with one eye closed left or right can prepare for  
this situation.  
Shadow boxing, sparring, using the mitts or heavy bag work  
can be used while training like this  
I would not advice to do this often just very sometimes.  
-Offcourse if you have this problem often you could do  
this more often.

#### Other equipment:

Double end ball; is fixed to the ceiling with one part and the  
other part is fixed to the ground  
Speedball, speedbag is fixed to a wooden platform and bounces  
back and forth when you hit it

Winning a match:

A match can be won;

By knock out or ko

When the opponement is down for 10 seconds  
or by referee decision

By points

By forfeit

When the towel is thrown inside the ring

By docters decision

When the opponement is bleeding to much  
or can't continue according to the docter

A draw is also possible when the two fighters  
have an equal amount of points.

A double knock out where both fighters go down at the same time  
is also possible.

Other tips:

Don't look to much where you're going to punch

Keep breathing

Eyes on the opponent and stay focused

Keep hydrated and drink enough water